

DINNERLY



Low-Cal Spicy Mushroom Salad with Parsnips and Yoghurt



35 minutes



2 Servings

Embrace autumn's bounty with this hearty salad of pan-fried mushrooms and sweet roasted parsnip, flavoured with chimichurri.

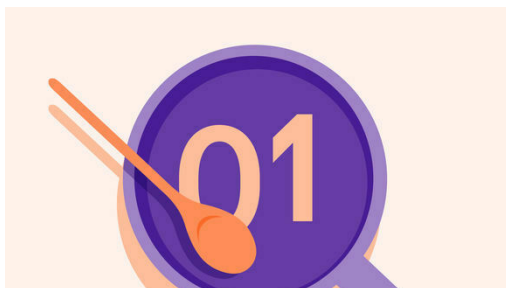
- 2 parsnips
- 200g mushrooms
- 5g chimichurri spice blend
- 40g walnuts ¹⁵
- 100g Greek-style yoghurt ⁷
- 50g rocket leaves

- 1 garlic clove
- 1½ tbs olive oil
- 2 eggs ³
- 1 tsp white or red wine vinegar ¹⁷

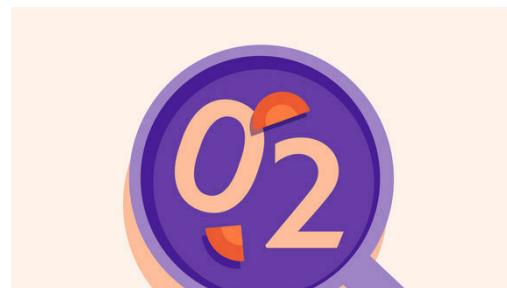
- oven tray
- baking paper
- small saucepan
- medium frypan

Egg (3), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

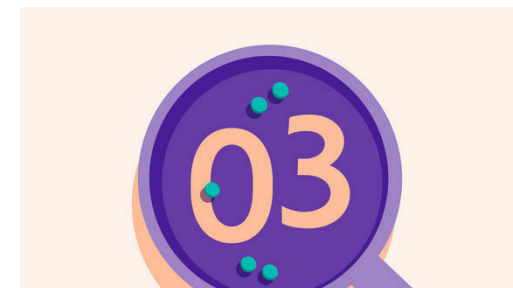
Energy 450kcal, Fat 33.5g, Carbs 17.9g,
Proteins 16.7g



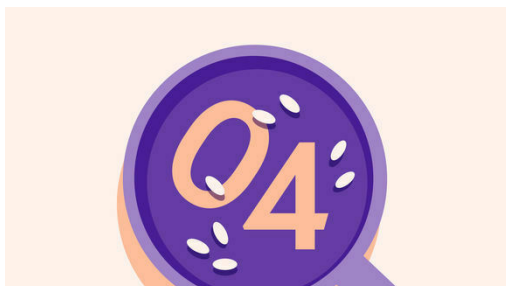
Preheat the oven to 220C. Line an oven tray with baking paper. Bring a small saucepan of water to the boil for the eggs. Peel the **parsnips** and quarter lengthwise. Halve the **mushrooms** and quarter any large ones. Crush **1 garlic clove** (see Kitchen 101).



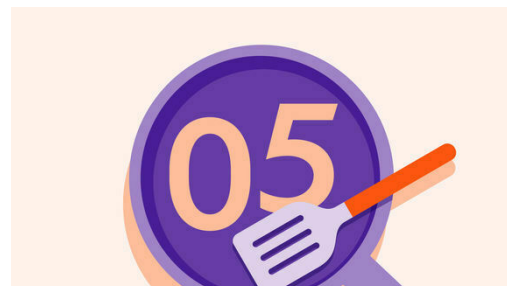
Put the **parsnip** on the lined tray, drizzle with **2 tsp olive oil** and scatter over **¾ tsp chimichurri spice blend**. Season with **salt and pepper** and toss to coat. Roast for 20 mins or until just tender. Scatter the **walnuts** over the parsnip, toss to combine and roast for a further 5 mins or until the parsnip is tender and the walnuts are golden.



Meanwhile, cook **2 eggs** in the pan of boiling water for 6 mins for soft-boiled or 8 mins for hard-boiled. Drain, then cool in cold water. Peel and halve the eggs. Combine the **yoghurt, half the garlic, ¼ tsp chimichurri spice blend, 1 tsp white wine vinegar** and **1 tsp water** in a bowl.



Heat **1 tbs olive oil** in a medium frypan over medium-high heat. Cook the **mushrooms**, **remaining chimichurri spice blend** and **remaining garlic**, stirring, for 3 mins or until golden. Season with **salt and pepper**. Remove the pan from the heat.



Put the **rocket, parsnip, walnuts, mushrooms** and any cooking juices in a bowl, season with **salt and pepper** and toss to combine. Divide the **salad** among plates, top with the **egg** and drizzle with the **yoghurt dressing**. Enjoy!



Garlic used raw needs to be finely minced. If you don't have a garlic crusher, adding a little salt to the garlic on the chopping board helps.

 **Packed in Australia**
from at least 90%
Australian ingredient.